VANCOUVER metro®

NEWS WORTH SHARING.

Sowing seeds on, off the farm

An online dating site called FarmersOnly wants to hook up single farmers with those who are comfortable riding horses and living off the land PAGE 9

In a world full of clones, Felix comes into his own

Use Metro AR to see images from Season 2 of Orphan Black PAGE 11

With over $500K in bills, hurt skydiver in need of help

B.C. woman plummeted to the ground in Arizona earlier this month PAGE 4

RUN FAST AND STAND STRONG

USE METRO AR TO SEE BOSTON COME TOGETHER A YEAR AFTER DEADLY MARATHON BOMBINGS PAGE 8

We were scammed: Dog buyers

Online retail. Pets imported from South Korea, sold by local businesses did not come as advertised, allege customers

THANDI FLETCHER
vancouver@metronews.ca

Angel Jeffries of Atlanta, Ga., bought a Yorkie for $3,800 from Vancouver-based website LuxPup in 2010. But when she received the dog, the tiny Yorkie had what appeared to be birth defects and arrived without registration papers. COURTESY ANGEL JEFFRIES

When Angel Jeffries received the teacup puppy she had bought online from Vancouver-based LuxPup, she knew something wasn't right.

The tiny Yorkie had what looked like birth defects, Jeffries told Metro.

"He was deformed," she said. "He had too many toes."

Jeffries, who breeds Yorkies, is one of dozens of dog lovers who claim to have been scammed by online businesses selling tiny toy dogs, known as teacup puppies because of their incredibly small size.

The puppies, which were imported from South Korea, either arrived with health problems or didn't come with the paperwork to prove they were purebreds.

But the owner of LuxPup, one of the Vancouver businesses at the heart of the allegations, claims that the vast majority of her customers are happy with their dogs and that health problems for the puppies are rare.

Jeffries, who lives in Atlanta, Ga., paid $3,800 plus shipping for her Yorkie from LuxPup in 2010. She researched the company and was assured by the owner that her dog would come with its registration papers.

"As a breeder, that's very important to have your dogs registered as a purebred," she said. "I don't breed Yorkies that are not registered."

But after months of waiting, she said the paperwork never arrived.

"It got to the point where she would not return my phone calls anymore," she said.

Professional dog breeder Mary Holtby of Mission purchased a puppy from Vancouver-based T-Cup Island in 2011.

Holtby paid $3,500 for a male Maltese and was promised her dog would have two descended testicles, which is necessary for competing at dog shows. But the dog arrived with only one descended testicle, she said.

Holtby refused to take the puppy. Despite promises it would be replaced, she said she never received another Maltese.

Holtby tried to sue the company to get her money back but said she couldn't locate the owner to serve with her papers.

"She just totally disappeared," said Holtby.

Similar stories can be found on many consumer complaint websites.

LuxPup owner Michelle Lee said she is aware of complaints against her business but tries to resolve them with customers.

Lee acknowledged that she did promise Jeffries the dog's registration papers but at the time had no idea how difficult the process would be. She later promised to resell the dog when Jeffries told her she couldn't use the dog without the registration papers, but said Jeffries later refused to return the dog.

"We don't ignore people," said Lee. "We try to fix problems."

Lee said LuxPup has sold over 300 puppies in the past five years and received fewer than 10 complaints in that time.

Lee said she has received some puppies with health problems but it's very rare. More than 90 per cent of her customers are extremely happy, she said.

Requests for comment from T-Cup Island were not returned before deadline.

Since her experience, Holtby said she refuses to buy dogs from South Korean importers, which she believes source from puppy mills. The teacup puppies, she said, appear to be severely inbred to keep them small, to the point that they suffer health problems.

"They're not thinking of the health of the dog," she said.

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Pros and cons

Judge upholds law on political advertising

A B.C. judge has upheld a law that requires anyone engaged in political advertising during a provincial election campaign to register, even when little or no money is involved, after concluding the law represents a reasonable infringement on free-speech.

The B.C. Freedom of Information and Privacy Association filed a constitutional challenge of a section of the province's Election Act, which requires people or groups to register with Elections BC before participating in a wide range of activities considered to be third-party advertising.

The association argued the law violates the Charter because it applies regardless of how much money is spent, which the group says discourages smaller voices that may not be able to navigate the registration process.

The group argued the registration rules should only apply to advertising that costs $500 or more.

A B.C. Supreme Court judge agreed the law impedes speech but said those effects were offset by the benefits of ensuring transparent elections.

The law defines election advertising as any "message that promotes or opposes, directly or indirectly, a registered political party or the election of a candidate, including an advertising message that takes a position on an issue with which a registered political party or candidate is associated" — though there are exemptions. THE CANADIAN PRESS

Youth pound the pavement for Earth Day

Students from Windermere Secondary School march and dance down Commercial Drive from Broadway to Grandview Park on Monday as part of annual Earth Day celebrations. MATT DESOUZA/METRO

1999 report predicted line would now be full

99 B-Line. Conclusions match those reached by TransLink in 2013

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Riders on the 99 B-Line don't need to look back at a report written in 1999 to know the bus route is pushing its capacity limits.

But that's exactly what planners predicted 15 years ago, according to the report posted on Vision Vancouver Coun. Geoff Meggs' blog.

Planners figured the rapid bus route between Commercial-Broadway Station and the University of British Columbia would hit max capacity between 2014 and 2019, according to the report.

At the time, they concluded the best option for what is now the busiest bus route in North America would be to build a subway to at least Arbutus or Granville Street and continue to bus people the rest of the way.

The report (which cost taxpayers $200,000) found LRT would be too disruptive to traffic and parking, although it would be slightly cheaper than SkyTrain technology.

These are pretty much the exact same conclusions TransLink came to in a four-year study on options for the route released in 2013.

Building a subway all the way to UBC is one of Vision Vancouver's top priorities and one of its platforms in the November election.

However, the question of how to pay for the anticipated $3-billion subway remains. Mayors across the Lower Mainland are working on a regional transportation plan that the province insists will be put to a referendum.

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Going green. Library lends power meters on Earth Day

Citizens curious to know how much power they use can head to the Vancouver Public Library starting on Earth Day to borrow a portable power meter.

The library system will have 24 such devices to lend as of Tuesday as part of the organization's bid to encourage green living.

The handheld meters retail online for $15 and up.

They can show how much power appliances or electronics use when they're plugged in.

The meter works even if the devices are not in use.

It's a handy tool considering B.C. Hydro rates are increasing this year.

"Power meters are an important tool in understanding — and reducing — your energy use," according to a statement from Daphne Wood, who works on the library's sustainability initiatives.

While electronic monitors may not seem like a typical library offering, the library is a "go-to resource" for people who want to be greener, whether it's offering books or free workshops, Wood said.

EMILY JACKSON/METRO

Quoted

"Power meters are an important tool in understanding — and reducing — your energy use."

Daphne Wood, part of the Vancouver Public Library's sustainability initiatives

Greater Victoria. BC Transit looking into automated announcement system

Bus drivers in Greater Victoria may no longer be required to call out stops using a hand-held microphone now that their employer has agreed to consider an automated announcement system.

Unifor Local 33 president Ben Williams says ordering drivers to hold a microphone and announce stops amounts to distracted driving in an already challenging job.

Williams says a public address system would allow drivers to focus on getting their passengers to their destinations and that BC Transit has assured the union it will look into such an option.

He says Transit will provide training to drivers to work towards calling out all stops, but that the union believes an automatic system is the only safe way to provide that information to riders.

Bus drivers in Metro Vancouver and other jurisdictions already use an automated announcement system.

The issue arose after a Human Rights Tribunal complaint by a visually impaired passenger and the Canadian Federation for the Blind that failure to call out all stops is discriminatory.

THE CANADIAN PRESS

Kenzie Markey of Squamish, B.C., is facing mounting medical bills in the U.S. after a serious skydiving accident. COURTESY KELLEY RICHARDSON

Skydiving accident spurs fundraising effort

Kenzie Markey. B.C. woman left with huge medical bills after a jump went wrong while in the U.S.

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The family and friends of a 32-year-old B.C. woman involved in a serious skydiving accident in Arizona are desperately trying to raise funds to cover her mounting medical bills.

Kenzie Markey, who lives in Squamish, was skydiving in Phoenix on April 6. An extreme sports enthusiast, Markey had done about 20 jumps and was on her final jump of the day when her parachute collapsed, sending her plummeting to the ground, Markey's friend Kelley Richardson told Metro.

Richardson, who lives in Victoria, said Markey was caught in a dust devil, a weather phenomenon in which a swirling updraft of wind forms a tornado-like whirlwind.

"No one saw it happen," said Richardson. "They have no idea how high she fell from."

Although Markey had travel insurance with TD Insurance, Richardson said, she has been told by Markey's family that the plan does not cover "hazardous activities."

Now in stable condition, Markey is facing over $500,000 in medical bills from the Phoenix hospital where she has spent the past two weeks. The cost of airlifting her to Vancouver's Lions Gate Hospital, where a bed is waiting for her, will be between $30,000 and $45,000, said Richardson, who started a Fundrazr campaign to help cover the costs.

"The state won't airlift her out until we come up with $30,000," Richardson said.

Markey suffered extensive injuries in the fall, including a fractured femur, foot, pelvis, skull, eye socket and nose, plus a collapsed lung, said Richardson.

Doctors said it's too soon to tell if Markey suffered permanent brain damage in the fall, she said. For more information, visit fundrazr.com/campaigns/ejwE3.

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Ridding the ribbits. U.S. bullfrog hunter says B.C. officials need to hop to it

Amphibian hunter Stan Orchard says now's the time to get the jump on a population of invasive predators on southern Vancouver Island.

The dinner-plate-sized American bullfrogs have mouths nearly as wide as their bodies and will gobble down anything they can, including bugs, birds and fish.

Municipal officials with the Capital Regional District around Victoria sprang into action against the bully bullfrogs back in 2006 and have nearly doubled the budget for the control program this year.

Bully bullfrog SOS

$74K

A report to the regional district recommended officials spend about $74,000 on control efforts.

Orchard is now courting the provincial government, saying local municipalities have historically been the only funding providers of the bullfrog eradication effort, which means it has been limited in scope.

CFAX/THE CANADIAN PRESS

Coquitlam

Early-morning fire destroys home

An early-morning fire destroyed a Coquitlam home Monday morning.

Fire crews were called to the single-family home on Byng Street near Latimer Avenue at about 5:20 a.m., said Shawn Davidson, assistant fire chief of fire prevention for Coquitlam Fire and Rescue.

The home's residents, a family of four, escaped without injury, said Davidson.

The cause of the fire is not yet determined.

THANDI FLETCHER/METRO

Is your pint really a pint?

Making a #FUSS.

B.C. craft beer lovers want enforced sizes

EMILY JACKSON
emily.jackson@metronews.ca

The Campaign for Real Ale Society of B.C. is calling for standardized glassware sizes for pints and sleeves of beer in B.C.

JENNIFER GAUTHIER/METRO FILE

If pint glasses appear to change sizes from one bar to the next, it's probably not because you've indulged in too much beer.

Sleeves and pints of draught beer range in size depending on the establishment, prompting an organization of craft beer lovers to petition the government to enforce standard sizes so consumers know how much beer they get for their buck.

"For too long has there been a discrepancy in what size a 'sleeve' of draught beer truly is and consumers are getting taken advantage of by establishments that do not publish their serving volumes," according to a statement from Paddy Treavor, president of the Campaign for Real Ale Society (CAMRA) of B.C.

The society sent a letter last week to senior provincial politicians, including those involved in the liquor policy review, imploring them to require draught beer be served in glasses with a marked serving size.

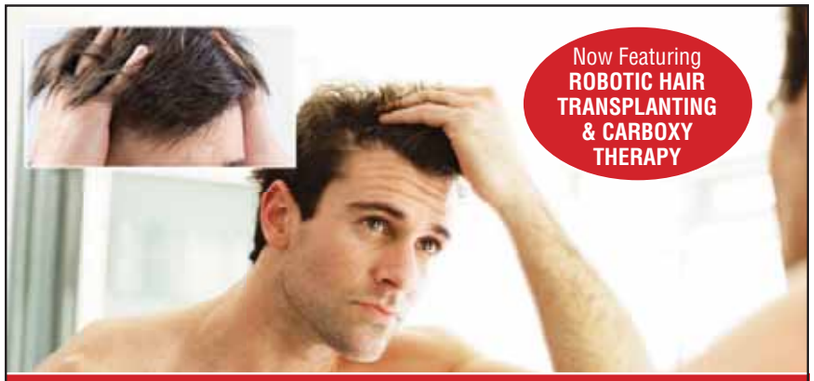
Such a stipulation is required in many European countries, according to CAMRA.

The organization argues that consumers should know exactly what they're paying for and exactly how much they're drinking so they can avoid overconsumption.

Sleeve servings can range between 12 and 16 ounces and pints between 20 and 24 ounces, leaving customers without a simple tool to measure how much they've had to drink.

Laws are in place requiring establishments to let customers know how much they're drinking, but the government has told CAMRA it has "bigger things to worry about" than enforcing glassware sizing.

Regardless, the organization hopes consumers will adopt its #ServingItWrong and #FUSS (Fess Up to Serving Size) hashtags to alert the public to bars that incorrectly label pints or sleeves.



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Air Canada

Two baggage handlers face termination

Two Air Canada baggage handlers set to lose their jobs over a video showing bags being dropped several metres into a bin on the ground were working under intense pressure to move the items quickly, their union said Monday. Handlers are forced to rush so the flight isn't delayed, said a union spokesman.
THE CANADIAN PRESS

33 years on the run

Fugitive captured in Texas

A disabled 78-year-old church deacon living quietly in Texas was arrested Monday by federal agents who said he committed a murder 33 years ago and 2,092 kilometres away. Authorities say Joseph Lewis Miller fled Pennsylvania after shooting a man in a parking lot outside a hotel in 1981. THE ASSOCIATED PRESS

Nigeria

Parents say 234 girls missing

Some 234 girls are missing from the northeast Nigerian school attacked last week by Islamic extremists, significantly more than the 85 reported by education officials, parents told the state governor Monday.

The higher figure came out a week after the kidnappings when the Borno state governor insisted a military escort take him to the town.
THE ASSOCIATED PRESS

Stowaway

Boy survives flight in wheel well

A 16-year-old boy scrambled over an airport fence, crossed a tarmac and climbed into a jetliner's wheel well, then flew for five freezing hours to Hawaii — a misadventure that stirred concern about possible weak spots in the security system that protects the nation's airline fleet. THE ASSOCIATED PRESS

Friends, family say goodbye to victims

Calgary. Mourning the worst mass murder in the city's history

Pallbearers carry the casket of stabbing victim Kaiti Perras to the hearse at her funeral in Calgary on Monday.
MIKE RIDEWOOD/THE CANADIAN PRESS

One was remembered as a wonderful friend who was always ready with a compliment, another as a tiny dancer with huge courage. The third was a skilled drummer who exemplified the statement all is good.

Three young people were remembered at funerals in Calgary on Monday — all victims in the worst mass murder in the city's history.

Jordan Segura, Kaiti Perras and Josh Hunter were stabbed to death along with Zackariah Rathwell and Lawrence Hong at a house party April 15. The party was being held to mark the end of classes at the University of Calgary.

A fellow party-goer, Matthew de Grood, has been charged with five counts of first-degree murder.

Segura's funeral was the first of the day. The 22-year-old was a religious studies student at the University of Calgary and had worked for the past year at McInnis and Holloway, the funeral home where the service was held.

A plain wooden coffin was covered with a bouquet of white carnations and white roses sat at the front.

Jayda Shreenan, friends with Segura since high school, reassured more than 300 mourners that the university student wasn't alone when he died — he was surrounded by those who loved him.
THE CANADIAN PRESS

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Scan the photo to see a photo gallery of Boston coming together one year after the deadly marathon bombings.

Boston shows its strength as thousands run the marathon

Resilience. Nearly 36,000 participate, including many kept from the finish line last year by the bombing that left three dead

Unstoppable

"I showed up, I'm back, and I am going to finish what I didn't finish last year."

50-year-old Mary Cunningham, who was stopped a mile short of finishing last year's Boston Marathon by the deadly explosions

Under heavy security that included surveillance cameras and police on rooftops, nearly 36,000 runners hit the streets Monday in the first Boston Marathon since last year's deadly bombing, sending a powerful message of resilience.

In what some saw as altogether fitting, an American won the men's division for the first time in more than 30 years, dominating a field that included many athletes who were prevented from completing the race last year.

The two pressure-cooker bombs that went off near the end of the course last year killed three and wounded more than 260 in a hellish spectacle of torn limbs, smoke and broken glass.

This year, police were deployed in force along the route, with helicopters circling above and bomb-sniffing dogs checking trash cans.

A total of 35,755 athletes were registered to run, the second-largest field in its history, with many coming to show support for the city and its signature sporting event. "Boston Strong" — the unofficial slogan adopted after the terrorist attack — was everywhere.

"I think I'm going to start crying at the starting line, and I'm not sure I'll stop until I cross the finish line," said Katie O'Donnell, a doctor who was stopped less than a mile from the end last year.

At 2:49 p.m., the time the bombs went off, spectators observed a moment of silence at the finish line. It was followed by some of the loudest cheers of the day as people whooped, clapped and rang cowbells.

American Meb Keflizighi, who had the names of last year's victims written on the corners of his race bib, won the men's title in two hours, eight minutes, 37 seconds. **THE ASSOCIATED PRESS**

Boston Marathon husband and wife bombing survivors Patrick Downes and Jessica Kensky, who each lost a leg in last year's attack, roll across the finish line in the 118th Boston Marathon Monday. ELISE AMENDOLA/THE ASSOCIATED PRESS

Meb Keflezighi of San Diego wins at the Boston Marathon on Monday. CHARLES KRUPA/THE ASSOCIATED PRESS

Kenya's Rita Jeptoo wins the women's division of Monday's Boston Marathon. CHARLES KRUPA/THE ASSOCIATED PRESS

Sit back, relax — and open up a packet of powdered booze?

How's this for a revolutionary invention: Turn a glass of water into rum by stirring in a packet of powdered alcohol.

Crazy? Not with Palcohol, a new product that claims to pack the punch of hard liquor in fine powder form. Just add it to any food or liquid and presto: instant alcohol.

It's not on store shelves yet, but Palcohol has already cleared several regulatory hurdles in the U.S. This month, the U.S. Alcohol and Tobacco Tax and Trade Bureau approved package labels for the product.

"I thought maybe it was some sort of weird oversight or miscalculation," said Robert C. Lehrman, an attorney specializing in the regulation of alcoholic beverages, who said he has never seen anything like it.

According to the product's website, Palcohol was created by Mark Phillips, an Arizona man who wanted a portable form of alcohol for camping trips. Lehrman said he spoke to Phillips after learning about the label approval.

"He said he was working with the government for many years to get this approved," Lehrman said.

But don't expect to find Palcohol at your local liquor store any time soon. Lehrman cautioned that Phillips will have to clear other hurdles.

"I would expect that they would be quite cautious about this," he said. "If you're making a lot of money selling Johnny Walker Blue or Heineken, do you really want to rock the boat with this?" **TORSTAR NEWS SERVICE**

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Saskatchewan

Eatery accused of firing Canadians for foreign temps

The federal government is investigating a Saskatchewan restaurant where two waitresses say they lost jobs to temporary foreign workers.

A spokeswoman for Employment Minister Jason Kenney says the minister has asked his department to investigate the Brothers Classic Grill in Weyburn, Sask.

A CBC report says Sandy Nelson and Shaunna Jennison-Yung were among several servers who were fired last month and replaced by government-approved temporary help from outside Canada.

Nelson, who is 58, had been employed by the restaurant for 28 years. She says she doesn't understand how it's possible she's out looking for a job while foreigners are still employed at the establishment.

Dozens of people have lashed out at the establishment on its Facebook page, many of them calling for a boycott. **THE CANADIAN PRESS**

Mount Everest

Sherpas calling for boycott after deadly avalanche

Buddhist monks cremated the remains of Sherpa guides who were buried in the deadliest avalanche to hit Mount Everest, a disaster that has prompted calls for a climbing boycott by Nepal's ethnic Sherpa community.

A Sherpa climbing boycott could critically disrupt the Mount Everest climbing season, which is key to the livelihood of thousands of Nepali guides and porters.

At least 13 Sherpas were killed when a block of ice tore loose from the mountain and triggered a cascade that ripped through teams of guides hauling gear. Three missing are presumed dead.

During the cremation ceremony, dozens of nuns chanted for the victims' souls to be released as the bodies were covered in pine branches. A daughter of one of the climbers fainted and was taken to the hospital. **THE ASSOCIATED PRESS**

FarmersOnly sows seeds of love via website

Yee Haw! Online site helps farmers find fellow cowboy-boot wearers to knock boots with ... and to live happily ever after with home on the range

Chelsea and Daniel Seitz pose at their wedding on Sept. 28, 2013, in Pierson, Man. An online dating site called FarmersOnly promised to steer him clear of city slicker singles. CHRIS JONES/THE CANADIAN PRESS/HANDOUT

Daniel Seitz was at home on his family's farm in southeastern Saskatchewan, watching a TV agriculture report, when an ad popped up on the screen and tugged at his lonely heart.

An online dating site called FarmersOnly promised to steer him clear of city slicker singles and hook him up with potential partners looking for a man just like him, one comfortable in cowboy boots and living life on the land.

Two years later, the 27-year-old electrician and cattle farmer is newly married to a horse-riding farm girl who won him over with her smile, with a four-year-old step-daughter and a new baby on the way.

It's an online love story that FarmersOnly founder, Jerry Miller, is hoping to see more of in Canada.

Miller was doing agricultural marketing when he came up with the idea for the dating site in 2005. A divorced, female friend was having trouble meeting men while working long hours on her farm, and found suitors on other dating websites didn't have a clue about what her life was like. The little dating site grew and now has about 1.5 million members.

It's one of many niche dating sites that have popped up in North America in recent years. There are those for different religions and diets, widows and single parents, nudists and smokers, fans of Star Trek and vampires.

THE CANADIAN PRESS

Selling the simple life

"City folk just don't get it."

A FarmersOnly ad slogan

Super-fast Internet

It's GigaPower to the rescue

AT&T plans a major expansion of super-fast Internet services in the U.S. to cover as many as 100 municipalities in 25 metropolitan areas. The service, called GigaPower, has a one gigabit per second speed.

THE ASSOCIATED PRESS

Apple goes green

Recycle your old iPhone for free

Apple is offering free recycling of all its used products and vowing to power all of its stores, offices and data centres with renewable energy to reduce the pollution caused by its devices and online services.

THE ASSOCIATED PRESS

Rewards early adopters. Netflix newcomers to pay about a toonie more

Netflix is preparing a sequel unlikely to be a hit with its subscribers. The Internet video service is about to raise its prices for the first time in three years to help pay for more Internet video programming such as its popular political drama House of Cards.

The increase, to take place sometime before July, will hike prices by $1 or $2 US per month for new customers. The company's nearly 36 million current subscribers will continue to pay $8 per month for at least the next year.

THE ASSOCIATED PRESS

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NOT ALL PASSIONS COME WITH A PAYCHEQUE

SHE SAYS

Jessica Napier
metronews.ca

Confucius supposedly said that if you do what you love then you'll never work a day in your life.

This is a nice little aphorism, but there are very few people who manage to see it through. In fact, a 2013 employment poll by Gallup found that only 13 per cent of people are actively engaged at work and the vast majority of employees worldwide report an overall negative job experience.

Transforming a personal interest into a lucrative occupation that provides you with a sense of purpose and accomplishment is definitely possible. I love to write, and authoring my own newspaper column is a dream job for me, but it still feels like a job sometimes — especially when I have a deadline looming.

Jobs come with a certain level of accountability and there are always going to be some mundane administrative tasks to do. We have reports to produce, bosses to answer to and targets to meet and it's unreasonable to assume that every single workday is going to feel like an incredibly gratifying experience.

It's also important to remember that without work, there would be no play. Leisure time is enjoyable because it is free of the responsibilities and expectations that come with a job. Taking something you love to do — whether it's taking photographs or baking pastries or playing the guitar — and turning it into a paycheque is going to change the way you experience that passion.

And yet, we are constantly told that our career decisions should reflect our personal interests. In a 2005 commencement address at Stanford University, Steve Jobs told the graduating class, "The only way to do great work is to love what you do," and, "If you haven't found it yet, keep looking."

It's an inspiring thought, of course, but how many young people are out there desperately trying to find their life's purpose and coming up short? Not all of us possess a very specific burning desire to practise law or plan weddings or become a marine biologist. Telling someone that they must spend their life searching for their true calling is kind of like saying there is only one special soulmate out there for each of us and if we can't find him or her then we have somehow failed. There are so many unexpected things that can happen in life to change who you are and what you want to do, why limit yourself to the pursuit of one single career destiny?

You might not always love what you do, but work is just one part of life and it doesn't have to define who you are.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Science has brush with art

A woman views the painting The Fighting Temeraire by J.M.W. Turner at the National Maritime Museum in Greenwich, England. The exhibition opened on Nov. 22, 2013, and ended Monday. OLI SCARFF/GETTY IMAGES

Artists' canvases capture air pollution

A new scientific study shows that landscapes painted by the likes of J.M.W. Turner are the picture of pollution. The study, led by Andreas Kazantzidis from the University of Patras, Greece, revealed that artists' stunning sunsets became redder as air pollution increased. Kazantzidis and his team of scientists analyzed hundreds of artworks painted between 1500 and 2000 and found a correlation between events such as volcanic eruptions and the sky coloration on the canvases of some of the artists. METRO

Q&A

Study links volcanoes to art

Metro spoke with researcher Andreas Kazantzidis about the study.

Is it fair to say that many artists owe a lot to pollution?
Yes, for many of them it's true. The images would not be so romantic as we see them now.

Why are some of the sunsets and sunrises redder?
The basic idea is that we can scientifically demonstrate the fact that the change of atmospheric constituents (aerosols) affects the colours depicted in the paintings. There are different colours in sunset and sunrise because there are different constituents in the atmosphere.

What part of the world did you look to?
Most of our research corresponds with the atmospheric conditions in Europe. In some paintings you see significant changes in the colours and this is connected to volcanic eruptions.

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MetroTube

Look, Mom, I'm flying through fireworks

ANDREW FIFIELD
metronews.ca

Ask me to name the thing I'd most like to be mass-produced to the point of affordability for humble folk: It's the remote control quadrocopter. Think of it as a personal drone.

Not for nefarious purposes, of course. It's mostly because an earlier dream of owning an elite model airplane is sadly antiquated by now. However, this person's fabulous idea to send their DJI Phantom into a fireworks show makes a pretty good case, too. The song is Arcade Fire's Sprawl II, in case you're wondering. (Via Gasper C on Vimeo)

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metro

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DVD review

Sorcerer

Director. William Friedkin

Stars. Roy Schreider

Almost as risky as Sorcerer's central plot of transporting nitroglycerine was the decision by William Friedkin to essentially remake Henri-Georges Clouzot's 1953 Cannes winner The Wages of Fear. How do you improve on a masterpiece? You can't, and Friedkin didn't, which explains why this 1977 thriller by The French Connection director was treated as an expensive indulgence back in the day. But time and critical reappraisals have been kinder, justifying Blu-ray ballyhoo. The canvas is broader but the main story remains: Four men with two trucks loaded with highly volatile nitro must travel hundreds of kilometres over rough South American terrain to blow up an oil well fire. The nitro's split between two trucks, because nobody believes both vehicles will make it. What the film lacks in novelty, it makes up in genuine suspense, aided by a nerve-jangling electronic soundtrack by Tangerine Dream.

PETER HOWELL

Finding the true Felix

Orphan Black. Metro sits down with actor Jordan Gavaris to discuss the evolution of his character on the show

LISA WEIDENFELD
Metro World News

Jordan Gavaris plays Felix in Orphan Black. COURTESY SPACE

Jordan Gavaris plays heroically helpful foster sibling Felix to main clone Sarah on Orphan Black. We talked to him about what's ahead for him in Season 2, airing Saturdays at 9 p.m. ET on Space, and whether Felix is finally getting fed up with Sarah taking him for granted.

The Season 2 poster seemed to imply that Felix and Alison will be getting closer this season. Would you say that's accurate?

Oh, you may be onto something. I think that poster is filled with Easter eggs. Felix and Alison do have a close relationship this season and I can't say as to whether or not it comes at the cost of Felix and Sarah's relationship, but I can tell you there's a real point of contention between Felix and Sarah that will come to a head and Felix will make a decision. I think he's been living life as an accessory to the Clone Club and it's time that he claimed a piece of his identity, because after all, that's thematically what the show's about. It's about identity. It's no surprise and it's not an accident that Felix loses a bit of his identity in the Clone Club.

What is it about Alison that draws him in? She's so different from him.

She's so different and yet she's the same. In a different life, I would say that Felix could have easily been a suburban gay dad and I think that in a different life, Alison could have been some sort of superfluous, frivolous girl with her gay best friend. I think that they missed each other's archetype by just a hair. I think that's what's cool about the show and one of the recurrent themes is that it's not so much about "How are you different from me?", it's "How are we the same?" Felix and Alison for all intents and purposes, should hate each other, but they found a common thread.

Will we see Felix get a bit more of his own plotline this season?

It was something that I really pushed for and something (co-creators) John (Fawcett) and Graeme (Manson) were really excited to do. I think first season he's so willing to submit, he just rolls into submission when it comes to being an asset to the Clone Club, being their only ally. But in reality, how long could a person realistically go living in fear without saying, "No" some of the time, or asking some questions or getting frustrated because they lost who they are? I think this season in particular it was just really important to me to capitalize on truth and honesty and humanity and say, well, yes, he's a great brother, but he's also human and he's going to say "No" sometimes, because Sarah's requests keep getting more outlandish and more dangerous.

Will Felix lose patience with Sarah's requests?

I think so. I think it may not play out the way the audience expects it will play out, but there will be some conversations between the two of them, some fraught conversations, and we get to see Felix as an entity outside of clone club.

What was your favourite scene to film this season?

There's a romantic connection that Felix has this season that is not just romantic, but an important connection for him as an individual, and I think it was probably one of my favourite things to do this season. It was also one of the scariest because in these particular moments he's very open and honest and real, and that was tough for me because Felix is a character that loves to wear masks.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Lohan reveals miscarriage and dishes on infamous list

THE WORD
Dorothy Robinson
scene@metronews.ca

Sunday night's episode of Lindsay, the Oprah Winfrey-produced reality show featuring America's favourite red-headed train wreck, Lindsay Lohan, was pretty dishy. Not only did Lohan drop the bombshell that she suffered through a miscarriage earlier in the season, but she claims her infamous "sex list" was stolen from rehab.

Regarding the miscarriage, Lohan was explaining why she missed days of filming her show, which was caught on camera: "No one knows this — I had a miscarriage for those weeks that I took off," she claimed. "I couldn't move, I was sick ... Mentally, that messes with you." The father was not named.

She also opened up about her infamous sexual conquest list, confirming the list's authenticity and shedding light on its origins. "That was part of my Betty Ford (treatment) — it's step number five or step number eight, your sexual inventory. You write that for your sponsor. That was in my Betty Ford book," she said. "That's something I didn't show anyone aside from my sponsor, who's also a very well-known person." So how did the list make its way into the pages of tabloid In Touch? "When I was moving and I was at the Beverly Hills Hotel, there were two people there who helped me move," the troubled starlet says. "Someone took a photo (of my Betty Ford book) and I'm pretty sure I know who it is, and they're not part of my life anymore."

Peaches Geldof ALL PHOTOS GETTY IMAGES

British celebrities gather at funeral for Peaches Geldof, laid to rest at age 25

On Monday, celebrities gathered for the funeral of the British model and TV personality Peaches Geldof, who died at age 25 earlier this month.

Model Kate Moss and former Rolling Stones bassist Bill Wyman were among those attending the private service at a village church in Kent, southern England.

Geldof married her second husband Tom Cohen at the same church. It's also where her mother Paula Yates' funeral was held when she died of accidental drug overdose in 2000.

It is not yet known what caused the sudden death of Geldof, who was found at her home on April 7.

Police say it was "non-suspicious and unexplained," and a toxicology report could take several weeks.

THE ASSOCIATED PRESS

Demi Moore

Less is Moore for Demi as information of impending nuptials too much to take

Demi Moore is looking to be anywhere but Los Angeles for ex-husband Ashton Kutcher and Mila Kunis's big wedding, according to Star magazine. "Demi is tapped into Ashton and Mila's wedding planning and she's telling friends that she's going to get out of town during the time frame of when the wedding and pre- and post-wedding festivities will go down," a source says. "Demi knows she'll have to endure hearing about the affair — which Ashton is telling mutual friends will be huge and full of A-list Hollywood and tech friends — and seeing pictures. But the wound is still fresh from their divorce, and Demi doesn't want anything to trigger a relapse." So just what will Moore be doing instead? "When she gets word ... about the exact date, she's booking a trip to the yogic spiritual center of India, Rishikesh, where she'll submerge herself in days of waking at 4 a.m., chanting, meditation, yoga by the Ganges River, light eating of only meagre portions of vegan foods and dressing in saffron-coloured robes."

Brand in deep GOOP?

Gwyneth Paltrow

It looks like Gwyneth Paltrow is having more than just marital problems. Her lifestyle empire GOOP appears to be in serious trouble, according to corporate filings obtained by Radar Online just days after the company's CEO, Sebastian Bishop, unexpectedly stepped down. While GOOP brought in plenty of money in 2012 — with total declared income of $1.8 million — the company operated at a loss due to just as much in "administrative expenses," including salaries for Paltrow and Bishop totaling nearly $600,000 each in addition to "loans to directors" — $49,000 to Paltrow and $84,000 to Bishop — that were never paid back. All told, GOOP ended 2012 operating at a loss of nearly $40,000.

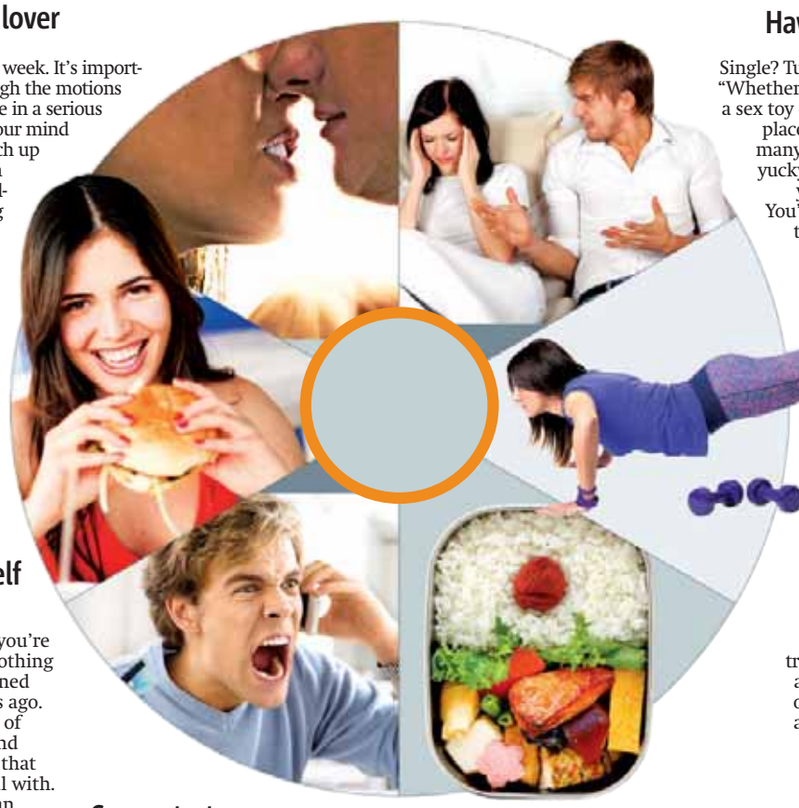
Feng shui your entire life

Don't be a selfish lover, let go of the past and have some smoked salmon for lunch. Whether you need to press the reset button or start from scratch, love, health and fitness experts have some reminders of how to live your life — better.

ROMINA MCGUINNESS Metro World News in London

Don't be a selfish lover

"Have sex at least once a week. It's important to put yourself through the motions — especially when you're in a serious relationship — even if your mind needs a little time to catch up with your body," says Ian Kerner, sexuality counsellor and author of The Big Fun Sexy Sex Book. Masturbating to thoughts of your partner also helps to fuel long-lasting desire but indulge sparingly, he adds: "Orgasm is a powerful reward. If you get used to self-pleasuring and taking care of your own needs, you will slowly start to disconnect yourself from your partner and isolate your feelings."



Unshackle yourself from the past

Your life, the one that you're living right now, has nothing to do with what happened five years or two weeks ago. The past is a collection of thoughts that affects and influences us 24/7, but that we can't physically deal with. We're frustrated with an illusion, not a reality. So if a thought makes you unhappy, don't deny it; instead, try to fill your mind with something more positive, says Kerner. "Your happiness should never depend on someone else's unhappiness. So be accountable for your mistakes — being the victim is the easy way out," he adds.

Concentrate on living

Your actions and your thoughts have to be going in the same direction, says London-based life coach and well-being expert Master Simon Lau: "The body doesn't understand trends or desires — only your ego does. So when you're doing something, just concentrate on that, otherwise, your body is never going to enjoy whatever it is that you do. When you eat, concentrate on eating, when you work, concentrate on working," he recommends.

Have casual sex — but be selective

Single? Turn your room into a love nest, says Kerner. "Whether you splash out on some nice sheets or buy a sex toy or two, turn your bedroom into a romantic place you're happy having sex in. That said, too many people have casual sex and end up feeling yucky and ashamed so only sleep with someone you know you won't mind waking up with. You're less likely to regret it if you actually like the person and it might well turn into more…"

Social media is powerful — make the most of it

Book an appointment with yourself in the same way you would schedule a doctors appointment, recommends Charli Cohen, a luxury sportswear designer and personal trainer based in London. "If you make yourself accountable to yourself by sharing your plans on various social media platforms, you'll look a little silly if you bail and then someone asks you about that 'excruciating' spinning class you posted about," she explains.

Eat a cleverly packed lunch

"Prepare what food you can in advance so you can take it to work in a Tupperware. Just make sure you get some protein and fibre in there — you'll end up with a meal that's much better rounded than a bowl of pasta," says Cohen. If you're lacking inspiration or time, then go for no-nonsense options, such as cooked chicken, smoked salmon, avocados and vegetables that can be eaten raw such as pepper and cucumber, she suggests.

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Half Off

When Elisha received an email from a reader who harshly criticized her for failing to lose weight over the last several months (the person told her to "stop making excuses and get serious"), she responded first with anger, then grumpiness, and then tears. But is it going to derail Elisha from her Half-Off journey? Visit metronews.ca/voices/halfoff to find out.

Feel good about saving our planet

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

Good news about the environment is hard to come by.

For one thing, in the view of many people, Canada's image has been tarnished, or should we say "tarred," by the ongoing development of the oil sands.

For another, the economic rise of China and India appears to be at the cost of the environment. Global warming threatens the world's food supply, and is being linked by studies to some (though not all) of the extreme weather events the world has seen recently.

But as Lindsay Borthwick writes in Best Health, when environmental change is looked at through the lens of time — the modern environmental movement arose in the early 1970s, a short 40 years ago — there is reason for hope.

One area is with ozone recovery. No, the infamous ozone hole that appears over the Antarctic each winter hasn't disappeared, but scientists agree we have saved the ozone layer itself, the part of the atmosphere that shields Earth from the sun's harmful ultraviolet rays.

That's thanks to the Montreal Protocol, an international agreement to phase out production of chemical coolants such as chlorofluorocarbons, or CFCs. Since it was signed in Montreal in 1987 by 24 nations (today it has been ratified by every country in the world), the amount of ozone-depleting CFCs in the atmosphere has begun to decrease and the ozone layer's thickness has stabilized, demonstrating the life-saving impact an international environmental treaty can have.

These days, the global community has its sights on a new target: hydrofluorocarbons. HFCs don't deplete ozone, so they are now widely used as coolants in refrigerators and air conditioners. But they are "super-pollutants," potent greenhouse gases that trap heat in the atmosphere. Fortunately, by last September, China and the Group of 20 (including Canada and the U.S.) had announced plans to phase down the production and use of HFCs. The next challenge? Get the rest of the world to follow.

Many countries have stepped up in making better choices to help the environment. Have we? ISTOCK

Another environmental challenge is getting Canada to enshrine environmental protection into our constitution. A remarkable 140 countries have done so, and 98 recognize that a safe, healthy, robust environment is a human right.

Canada hasn't done this with our constitution, but a recent David Suzuki Foundation poll showed that 83 per cent of us support the idea. Legal stipulations alone don't solve environmental problems, but they do help make them national priorities, stimulate stronger laws and raise government accountability.

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See that symbol? It means you can scan the image below with your Metro News app to see a video of Theresa Albert learning about yogurt

Health Solutions

What's your culture?

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

What kind of yogurt should I eat? Is it really that good for you? What does it do? Is one really better than the other? What is the difference? What is kefir? You know you've stood in the dairy aisle, freezing, and asking yourself these questions!

Yogurt and kefir are both milk products that can be made from the dairy of any animal. The differences are:

- The animal that the milk came from
- The type of bacteria used to ferment the milk
- What/how much sugar and flavouring were added

In general, your bowel benefits from a variety of good cultures, which means that adding both is most beneficial. And yes, it is really that good for you to have a plethora of them in your gut!

It's these good bacteria in your system that help break down food, convert nutrients into a usable form and carry those nutrients to the rest of your body. Many prefer organic yogurt as it comes from cows fed organic grains and raised on pasture, which may contribute to a higher nutrient profile of the milk.

Ideally, you want a yogurt that is as low in sugar and high in protein as possible.

Greek yogurt has been strained of more liquid to increase the thickness, calcium and protein, but if it is loaded up with sugar, gelatin and flavour, well, it isn't any better for you.

You know what? Let's make this even simpler. Eat yogurt, OK?

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Cluckin' good chicken strips

Homemade Chicken Strips with Yogurt Dip. You'll never go back to the fast-food version after you make these simple dippers

FLASH FOOD

From your fridge to your table in 30 minutes or less

THERESA ALBERT
myfriendinfood.com

Most chicken strips on the market are made with more fat and salt than you would like. The crust usually consists of white flour and they're often deep-fried before they're frozen.

Sometimes they are whole pieces of chicken but often they are pressed, processed bits. You can do better and it won't take more than 10 minutes. If you make a double batch and freeze them, you are further ahead.

This recipe serves six. THERESA ALBERT

Ingredients

- 1 cup whole grain bread crumbs (or 1/2 cup bread crumbs + 1/2 cup wheat germ)
- 1/4 cup cornmeal
- 1 tsp paprika
- 1/2 tsp celery salt
- 1/2 tsp onion powder
- 1/2 tsp garlic powder
- 1/2 tsp poultry seasoning
- 1/2 cup plain yogurt (not Greek)
- 1 tbsp liquid honey
- 2 tbsp water
- 4 boneless skinless chicken breast halves

Cucumber Dip

- 1 1/2 cups cucumber, grated
- 1 cup plain yogurt
- 1/2 tsp lemon, juice
- 1/2 tsp sea salt
- 1/2 tsp garlic, minced or dried

1. In bowl, toss together bread crumbs, cornmeal, paprika, celery salt, onion powder, garlic powder and poultry seasoning. In a separate plate mix together yogurt, honey and water.

2. Slice chicken breasts into thin strips.

3. Dip chicken into yogurt mix and dredge in bread crumb mixture. Lay in a single layer on cookie sheet and bake at 350 F 15-25 minutes (depending on thickness of strips). The cookie sheet can go directly into the freezer for storage. Once frozen, remove strips to a freezer bag and bake directly from frozen: 325 F for 25 to 35 minutes.

4. Dip: While strips bake, grate cucumbers and remove all moisture (strain through cheese cloth). In small bowl, blend yogurt, lemon juice, salt and garlic. Stir in cucumbers.

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Finger food makeover

Invented in Buffalo, N.Y., during the '60s, Buffalo chicken wings have become a North American favourite. Big surprise! If fat is where the flavour is, and if everyone's a sucker for flavour, Buffalo chicken couldn't lose.

Using all of the dish's signature elements, and adding orzo or couscous and peas, this recipe turns finger food into a dinner-in-a-pot pasta dish.

This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

1. Bring a large pot of salted water to a boil.

2. While the water heats, melt the butter in a large nonstick skillet over medium heat. Add the chicken and cook, stirring, until just cooked through, 3 to 5 minutes. Stir in the hot sauce and a hefty pinch of salt, then set aside.

3. Add the orzo or couscous to the boiling water, stir and cook according to the package instructions until it is almost al dente. Add the peas, then return the water to a boil. As soon as the water returns to a boil, drain and add the peas and pasta to the skillet. Return the skillet to medium heat, add the chicken broth and bring to a simmer. Cook for 1 minute, or until the pasta is tender.

4. Add the blue cheese andsimmer until the cheese is melted and the sauce has thickened. Transfer to 6 bowls and top each portion with some of the celery. Serve immediately.

THE ASSOCIATED PRESS/SARA MOULTON, AUTHOR OF SARA MOULTON'S EVERYDAY FAMILY DINNERS.

Ingredients

- 1 tbsp unsalted butter
- 8 oz boneless, skinless chicken breasts, cut into 1/2-inch cubes
- 1 to 2 tbsp hot sauce, or to taste
- 8 oz whole wheat orzo or whole wheat Israeli couscous
- 2 cups frozen peas
- 3/4 cup low-sodium chicken broth
- 3 oz blue cheese, crumbled
- 1 cup finely chopped celery

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Kassian: 'I feel I can be a lot better'

NHL. Vancouver's power-forward-in-the-making made positive strides this season

CAM TUCKER
cam.tucker@metronews.ca

The Zack Kassian project has taken positive steps forward and a few back as the Canucks try to shape him into a power forward responsible in both ends of the rink.

The 23-year-old Kassian finished on a strong note, with 10 points, including four assists against the Buffalo Sabres, in his final 10 games. He's slated to be a restricted free agent this summer, and is coming off his first full-time NHL season, which was also by far his most productive.

It was also marred by two suspensions — a ban of five regular-season games in September and a three-game ban in March.

There is still plenty of work left in Kassian's development, which he and head coach John Tortorella acknowledged last week.

"I thought I really started to feel comfortable and make plays and be the player I want to be in this league. Obviously there's still a lot to be done and I feel I can be a lot better," said Kassian, who played arguably his best hockey as a Canuck on a line with centre Brad Richardson.

It was expected during training camp Kassian would get a good look on the top line with Henrik and Daniel Sedin, although that never really materialized for any prolonged amount of time.

"Everybody wanted him on the top line — give him this, give him that. Not going to happen, at least with this coach," said Tortorella.

"He has learned. He's much better away from the puck, especially the past few weeks. I think he's taken a huge step."

Canucks forward Zack Kassian's entry-level contract is set to expire, which will make him a restricted free agent.
BRUCE BENNETT/GETTY IMAGES FILE

To the point

29

Zack Kassian registered 29 points on 14 goals this past season in 73 games.

Kassian's entry-level contract, with a cap hit of $870,000 but an NHL salary this past season of $810,000, is set to expire.

He said following his exit interview with new president of hockey operations Trevor Linden that he would like to re-sign with the Canucks, but didn't go much further with his comments.

"The management and Trevor have a lot of things on their plate right now," he said.

"I feel as a player I can improve in many areas and … short-term is obviously what I'm looking forward to because I think I can be a bigger player than I was this year."

UFC 174

Rogers Arena hosts press conference today

The Ultimate Fighting Championship will hold a press conference at Rogers Arena on Tuesday afternoon, less than two months out from UFC 174 at the same venue in June.

The press conference includes appearances from a number of fighters on the June 14 card, including Quesnel, B.C.-born Rory MacDonald and UFC managing director Tom Wright.

The 24-year-old MacDonald, who now fights out of Montreal, is scheduled to go up against Tyron Woodley for title contention in the welterweight division.

MacDonald fought in the first-ever UFC pay-per-view event in Vancouver, back on June 12, 2010. He lost to Carlos Condit by technical knockout in the third round, despite being the better of the two combatants in the first two rounds.

UFC 174 is the third UFC event to take place in Vancouver. It is one of five scheduled UFC live events in Canada this year.

The first UFC event in Vancouver was sold out, with a capacity crowd of 16,915, earning $4.2 million at the gate. The June 2011 event wasn't as successful, drawing only 14,685 fans and $2.8 million. METRO

Box-office boom

$4.2M

Vancouver's first UFC event in June 2010 earned $4.2 million at the gate.

Koffie makes his case in Whitecaps' starting XI

Gershon Koffie has played his way back into the Whitecaps' starting lineup.
JEFF VINNICK/GETTY IMAGES FILE

There was a time earlier this season when Gershon Koffie couldn't break into the Vancouver Whitecaps' starting lineup, for which he had been a fixture in each of the previous three seasons.

But with Nigel Reo-Coker's concussion suffered in an incident with a bike rack and Koffie's own hard work, the 22-year-old soft-spoken midfielder from Ghana has willed himself back into the starting XI for four consecutive games.

And, based on his performance Saturday against the L.A. Galaxy and his strong ability to win the ball off opposing players, it might be a while before he's taken out.

Meanwhile, Reo-Coker, who is making $446,500 this year, according to the MLS Players Union, hasn't played in four games, only the first two of which he sat out because of the concussion.

Head coach Carl Robinson praised Koffie after the match, particularly for his second half.

"I thought he showed what he's all about," said Robinson.

"Some players rise to big games and (Saturday) was a big game. It really was against L.A. and we needed something out of the game. But I thought he was excellent."

The Whitecaps had two days off following their 2-2 comeback draw with the Galaxy at BC Place Stadium. They return to training on Tuesday.

The Whitecaps have yet to win a game in the month of April, so far going 0-2-1. They close out this month with an away match against Real Salt Lake at Rio Tinto Stadium on Saturday. CAM TUCKER/METRO

Blackhawks hang on at home

NHL playoffs. Champs from Chicago get clutch performance from Crawford to keep sweep talk at bay

Game 3

Blackhawks	Blues
2	0

- Looking for a spark, Chicago coach Joel Quenneville put Jonathan Toews, Patrick Kane and Bickell on the same line for the start of Game 3. The trio had a lot of success in the Blackhawks' run to the title last year.
The move worked again Monday.
Toews connected from the top of the left point in the first, beating Miller with a shot that might have deflected off the stick of Blues defenceman Kevin Shattenkirk. Bickell also created a couple of quality chances with some slick passing.

Blackhawks captain Jonathan Toews celebrates his first-period goal on Blues goalie Ryan Miller with teammate Patrick Kane on Monday night in Chicago.
CHARLES REX ARBOGAST/THE ASSOCIATED PRESS

Corey Crawford made 34 saves for his third career post-season shutout, and a 2-0 victory in Game 3 got the Chicago Blackhawks back into their series with the St. Louis Blues.

Jonathan Toews and Marcus Kruger scored as the defending Stanley Cup champions bounced back on Monday night after a pair of overtime losses in St. Louis. Toews' 21st post-season goal was only the second by a Blackhawks forward in the series.

Ryan Miller shook off another slow start and finished with 23 saves, but Toews' shot at 4:10 of the first went through the goaltender's legs and was costly.

It was quite a turnaround for Crawford, who was upset with his play after Saturday's 4-3 loss. Barret Jackman's winning goal in Game 2 went through Crawford, prompting the goaltender to say he had to play better for Chicago to win.

Just two days later, he came up with one of the best games of his career.

Crawford seemed to be in the right place at the right time all night, drawing chants of "Co-rey! Co-rey" from the capacity crowd at the United Center. He was helped by a sound performance by Duncan Keith and the rest of the Blackhawks' defencemen, who stepped up while playing without the suspended Brent Seabrook.

The Blues, who scored tying goals late in regulation in each of the first two games, pulled Miller with 57 seconds left, but the Blackhawks held on. Kruger stuffed home an empty-netter in the final seconds.

Game 4 is Wednesday night.

THE ASSOCIATED PRESS

Wild shut down new kid, get win in process

Mikael Granlund's diving goal 5:08 into overtime gave the Minnesota Wild a 1-0 win over the Colorado Avalanche in Game 3 Monday night to pull within 2-1 in the best-of-seven series.

Semyon Varlamov stopped 45 of 46 shots, a franchise playoff record for shots on goal by the Wild.

Granlund cut toward the net for a wrist shot, and as he was falling forward took a stab at the puck to finally put one past Varlamov.

Darcy Kuemper made 22 saves, but the Wild goalie in his first career playoff start was just as good as his counterpart.

Game 4 is at Xcel Energy Center on Thursday.

After the Avalanche line of Nathan MacKinnon, Paul Stastny and Gabe Landeskog combined for 17 points and seven goals over the first two games, the Wild kept them from doing any damage.

The Wild shuffled their lines, with veteran Dany Heatley's move off the scratch list the most notable change, and played their style. They simply didn't get enough guys to the net for long rebounds Varlamov has a tendency to produce.

Mikael Granlund gets set to put in his game-winning overtime goal against the Avalanche on Monday night in St. Paul, Minn.
ANN HEISENFELT/THE ASSOCIATED PRESS

The Wild finally figured out how to contain the superfast MacKinnon, forcing the 18-year-old wonder to have to stay in his own zone. They had the Avalanche on their heels for the majority of regulation. Matt Cooke was all over the ice in his 100th career playoff game, colliding with just about every white Colorado jersey.

THE ASSOCIATED PRESS

Stars 3, Ducks 0

Lehtonen, Dallas come up bigger back in Texas

Kari Lehtonen had 37 saves, with some tremendous stops, for his first career post-season victory, and the Dallas Stars beat Anaheim 3-0 Monday night in their first home playoff game in six years.

Dallas captain Jamie Benn skated out of the penalty box to score late in the first period, and 19-year-old rookie Valeri Nichushkin added a goal for the Stars in Game 3 of the best-of-seven series. The top-seeded Ducks won each of the first two games at home, both one-goal results.

Game 4 is Wednesday night.

Lehtonen, who held up through five Anaheim power plays, had a kick save near the end of one of those in the final minute of the first period. That came right before Benn came out of the penalty box and skated toward the other end for the winning goal.

THE ASSOCIATED PRESS

Penguins 4, Blue Jackets 3. Two-goal leads becoming a catch-22 in Columbus

The Pittsburgh Penguins also have another P-word going for them: Patience.

Brandon Sutter, Lee Stempniak and Jussi Jokinen scored in a span of 2:13 of the third period to revive the Penguins from yet another two-goal deficit in a 4-3 victory over the Columbus Blue Jackets on Monday night.

Now up 2-1 in the best-of-seven series, the Penguins got off to a horrible start, but took charge in the final two periods.

"It's not ideal, especially when it's 2-1 and you fall behind (by two goals) again," said captain Sidney Crosby. "Typically, it's not the way you win hockey games. But it showed a lot of character and a lot of patience."

A two-goal lead has been poison so far in the series. Columbus also blew a 3-1 lead in Game 1, then the Penguins returned the favour Saturday night. In each case the opponent scored the final three goals, the Blue Jackets taking their first playoff victory in double-overtime just 48 hours earlier in Pittsburgh. All three games have ended 4-3.

Lee Stempniak celebrates his goal against the Blue Jackets on Monday night. THE ASSOCIATED PRESS

"Anytime a team gets a lead they find a way to give it up," Sutter said.

Game 4 is Wednesday night here.

Down 2-0 early and then 3-1 in the third, the veteran Penguins scored on three consecutive shots. THE ASSOCIATED PRESS

Watch out below! Z-Bo attacks in OT

NBA playoffs. Randolph's clutch play sends series with powerhouse Thunder back to Memphis knotted at 1-1

Game 2

Grizzlies	Thunder
111	105

Nothing rattled the Memphis Grizzlies.

Not squandering a nine-point lead in the fourth quarter and a five-point lead in the final 19 seconds of regulation. Not Kevin Durant's 20 points after the third quarter. Not even giving up an improbable game-tying putback that forced overtime.

The Grizzlies remained steady and took care of business in the extra period. Zach Randolph scored 25 points to help Memphis defeat the Oklahoma City Thunder 111-105 in overtime on Monday night and tie their first-round playoff series at one game apiece.

"It was just staying confident, understanding that those guys are going to make runs," Memphis forward Tony Allen said. "We've got to weather the storm by staying together and not getting down."

Mike Conley added 19 points and 12 assists for the Grizzlies, who executed their game plan perfectly and put themselves in position to take control of the series in Game 3 Thursday night in Memphis. Oklahoma City pushed the pace through most of its 100-86 victory in Game 1, but on Monday, the Grizzlies successfully slowed the tempo and limited Oklahoma City's fast-break opportunities.

"Basically it's just going to be a slugfest," said Allen, who was praised by his teammates for playing solid defence against Durant. "We're going to pound it. They're going to run it. Whoever can come up with the most stops pretty much wins the game."

Oklahoma City's stars put up big numbers, but they worked for everything they got. Durant had 36 points and 11 rebounds, but he made just 12 of 28 shots and had just eight points at halftime and 16 through the first three quarters.

Russell Westbrook scored 29 points for Oklahoma City, but he made just 11 of 28 shots. Serge Ibaka added 15 points and 11 rebounds for the Thunder, who shot just under 40 per cent from the field.

"We missed some shots that we could make," Oklahoma City coach Scott Brooks said. "Give them some credit ..." THE ASSOCIATED PRESS

The Grizzlies' Zach Randolph blocks Thunder forward Thabo Sefolosha's shot on Monday night in Oklahoma City. RONALD MARTINEZ/GETTY IMAGES

Raptors vs. Nets. Jonas the giant not afraid to battle with NBA royalty

Jonas Valanciunas was five years old when Kevin Garnett earned his first of 15 NBA all-star selections. He was 11 when Garnett was named the league MVP.

Valanciunas — now 21 — went toe to toe with the 37-year-old Garnett in Toronto's loss to the Brooklyn Nets in Game 1 of their playoff series last Saturday. And if there was any sense of awe in the name on the back of the Brooklyn jersey he was guarding, the young Valanciunas didn't show it, laying down a monster game in his post-season debut.

"He was not intimidated, he wasn't fazed by the physicality or guarding a legend like KG. You're talking about a guy who is going to be in the Hall of Fame," said Raptors coach Dwane Casey.

The Raptors host Game 2 of the series on Tuesday, then it shifts to Brooklyn for Game 3 on Friday.

Valanciunas had 17 points and 18 rebounds in the opener of the seven-game series, while holding Garnett to five points.

While many of the Raptors appeared overwhelmed by the enormity of their first playoff appearance in six seasons — for some players, it was their first playoff appearance, period — Valanciunas looked fired up from the opening tipoff. THE CANADIAN PRESS

Jonas Valanciunas gets the basket as Kevin Garnett hacks him in the Raptors' loss vs. the Nets in Toronto. STEVE RUSSELL/TORSTAR NEWS SERVICE

NBA

Raging Bull Noah named top D-man

Chicago Bulls centre Joakim Noah was named the NBA Defensive Player of the Year on Monday in front of friends and family.

"This is very humbling to be in this situation right now," Noah said at a news conference where his family was in the front row.

Noah joins Michael Jordan as the only Bulls players to win the award since 1988. THE ASSOCIATED PRESS

Scan this image with your Metro News app to view images of the most colourful moments of Joakim Noah's career. THE CANADIAN PRESS

MLB. Orioles beat Red Sox on Patriots' Day in Boston

The Baltimore Orioles scored six runs off Clay Buchholz in the third inning then held on to spoil Boston's Patriots' Day morning game a year after the Boston Marathon bombings with a 7-6 win over the Red Sox on Monday.

The Red Sox had a chance to win in the ninth when they loaded the bases. They scored one, but Mike Carp grounded out to first as Tommy Hunter escaped with his fifth save.

Wei-Yin Chen (3-1) and five relievers pitched well enough for Baltimore to gain a split of the four-game series. THE ASSOCIATED PRESS

Dustin Pedroia of the Red Sox turns a double play in front of the Orioles' Jonathan Schoop on Monday in Boston. THE ASSOCIATED PRESS

Manchester United

Reports: Moyes on chopping block

David Moyes' troubled tenure as Manchester United manager could be coming to an end after less than a year in charge.

According to widespread reports released at the same time on Monday on websites of numerous British newspapers, Moyes is set to be fired by United and could be forced out before the end of the season.

Leading British bookmakers all slashed their odds on Moyes being removed. THE ASSOCIATED PRESS

Premier League

Manchester City remains alive in title picture

Manchester City stayed alive in the English Premier League title race by beating West Bromwich Albion 3-1 thanks to first-half goals by three Argentines on Monday.

Pablo Zabaleta and Sergio Aguero struck in the opening 10 minutes at Etihad Stadium to set third-place City on its way to a victory that trimmed the gap to league-leader Liverpool to six points, with a game still in hand. THE ASSOCIATED PRESS

NBA. Three teams on the lookout for a head coach after firings, retirement

Mike Woodson and Tyrone Corbin lost their jobs, and Rick Adelman decided it was time to walk away from his.

Woodson and Corbin were fired Monday and Adelman retired, creating coaching openings for three NBA teams.

Woodson was expected to be replaced after Phil Jackson was hired last month as New York Knicks president during a disappointing season for a team that expected to make the playoffs. He informed Woodson and the entire coaching staff they were being dismissed Monday morning.

The Jazz, meanwhile, declined to offer Corbin a new contract after they went 25-57. THE ASSOCIATED PRESS

Quoted

"I'm ready and my wife's ready to move on to another phase."

Timberwolves head coach Rick Adelman announced his retirement Monday.

Horoscopes

♈ Aries
March 21 - April 20
You will be somewhat impatient today, especially on the work front where you can't understand why some people are unable to keep up with you. Calm down and make allowances.

♉ Taurus
April 21 - May 21
It would be nice if everyone shared your way of looking at the world but it won't happen, so don't try to persuade those who see things from a different angle.

♊ Gemini
May 22 - June 21
Misunderstandings are likely over the next 24 hours, so make sure you spell out what you are trying to accomplish and make sure everyone is on the same wavelength, because if they are not the results could be chaotic and costly.

♋ Cancer
June 22 - July 23
Today's powerful Mars-Jupiter link warns you must not say or do anything that might bring a profitable relationship to an end. Important people must be handled with care over the next 24 hours.

♌ Leo
July 24 - Aug. 23
You can be a bit impetuous at times and the planets warn you must make sure you know what is going on before jumping head first into situation you know little about. Let others make the first moves.

♍ Virgo
Aug. 24 - Sept. 23
It's not often a Virgo is easily parted from their cash but the current cosmic set-up warns that's a real possibility today. Don't let it happen.

♎ Libra
Sept. 24 - Oct. 23
It's one thing to make bold decisions but it's another to make sure they are the right decisions. If you call it wrong the repercussions could be massive, so think deeply and act cautiously.

♏ Scorpio
Oct. 24 - Nov. 22
Everyone takes a wrong turn now and again, so don't be surprised if the planets start nudging you in a new direction. There is an ideal path for you and you will be reminded where it is today.

♐ Sagittarius
Nov. 23 - Dec. 21
There may be an element of risk in what you are planning but if you don't go ahead with it you will hate yourself for being so timid. Prepare and then jump right in!

♑ Capricorn
Dec. 22 - Jan. 20
You may be entitled to get angry with someone who has let you down but is it worth the effort? Forgive and forget, not least because they will then be in your debt, and that could be useful.

♒ Aquarius
Jan. 21 - Feb. 19
The planets indicate that your best course of action today is to take no action at all. With Mars and Jupiter battling it out, keep your head down and let others take the risks.

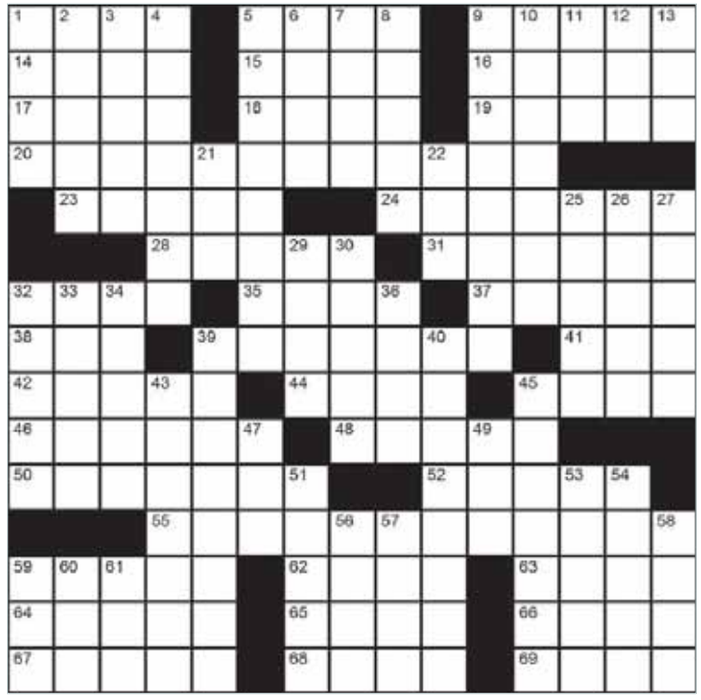
♓ Pisces
Feb. 20 - March 20
Other people do not have the right to dictate what you should do and how you should do it. If you are part of a team there must be equality – make sure they know that.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



Across
1. Rowed ride
5. "Yes, __!"
9. Yellow: French
14. Ms. Kendrick
15. Moreover
16. AVOIR: J'__...
17. Jackie Wilson's "__ Petite"
18. Military maneuver
19. Mustard brand
20. Sci-fi attraction in Moonbeam, ON: 2 wds.
23. Ben Stiller's actress mom Anne
24. Sweetened
28. Grammy Awards org.
31. Book-marked page
32. Costa __
35. Village dubbed 'A Little Bit of Holland in Saskatchewan'
37. '_'__ my Eggo!' (Kellogg's waffles slogan)
38. Green
39. Halifax Harbour part, __ Basin
41. Swiss peak
42. "Ally McBeal" singer Ms. Shepard
44. __ _ record (Feat in sports)
45. Chemical suffixes
46. Car part
48. Fasten a brooch again
50. What's-his-name
52. John Candy comedy, "__ Buck" (1989)
55. "Moments" Canadian country band: 2 wds.
59. Saskatchewan village since 1911
62. Born-in-Calgary American politician Ted
63. Above
64. Reality star Spencer
65. The Jetty __ __ Havre (Claude Monet painting)
66. Are, no more
67. New employee
68. Author Mr. Bellow, born in Lachine, QC
69. Canada __ (Some ginger ales)

Down
1. Chuck it up
2. "A Nightmare __ __ Street" (1984)
3. Keep __ __ on (Watch out for)
4. Regina-born star Ms. Maslany of "Orphan Black"
5. Cape Breton Island vacation destination, __ River Valley
6. Worrisome word
7. __ Minor
8. 'M' of M.O.
9. "Canadian Idol" judge: 2 wds.
10. Median
11. Dubai's locale [acronym]
12. Author, Anais __
13. 'Host' suffix
21. US gun gr.
22. Cow's chew-ee
25. "The Exorcist" (1973) daughter
26. Don Henley or Glenn Frey
27. Loses hold
29. Elaborates
30. "60 Minutes" Toronto-born journalist, Morley __
32. Dreams: French
33. Prefix to 'clast' (Image breaker)
34. Miami Sound Machine hit
36. Speck
39. Randy Bachman, to Burton Cummings
40. Long-locked lass of lore
43. Kitchen set
45. Hip-and-happening humans: 2 wds.
47. 'Computer' suffix (Techie jargon)
49. Non-affiliated politician [abbr.]
51. Marine menaces, seals would say
53. "What am I, chopped __??"
54. All
56. Miss: Spanish [abbr.]
57.City of Finland
58. '70s hit: "__ Tu"
59. U.S. driver's speed
60. Verdi aria: "__ Tu"
61. Paddle

Yesterday's Crossword

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	5		6			9		
7			3					8
		3		4	7			5
		1		8	6			7
4			5	9		1		
3			8	2		6		
8					4			2
		9			5		8	

Yesterday's Sudoku

3	4	2	5	1	8	9	6	7
5	8	7	9	2	6	4	1	3
1	6	9	4	7	3	5	2	8
9	2	6	3	4	1	7	8	5
7	1	3	8	6	5	2	4	9
8	5	4	2	9	7	1	3	6
2	3	8	1	5	9	6	7	4
6	9	1	7	8	4	3	5	2
4	7	5	6	3	2	8	9	1

Today
12°/7°
Partly cloudy
Wednesday
12°/8°
Showers
40%
Know what the weather will be 14 days from now.
Check the 14 day trend.
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HWY: **7.3**L/100 KM
CITY: **10.2**L/100 KM▼

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GLS model shown♦
Selling Price: $27,000

HWY: **7.2**L/100 KM
CITY: **10.0**L/100 KM▼

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